

Chicken Salad for Sandwiches *Lunch Day 3 & Day 8*

Ingredients:

Whole Wheat sliced bread and/or White sliced bread
32 oz can Swanson *Chunk* Chicken in broth
1 cup mayonnaise

Instructions:

1. Drain and dice 1 can Swanson Chunk Chicken, reserving liquid.
2. Add mayonnaise and reserved liquid.
3. Mix thoroughly.
3. Chill for several hours.
4. Use ¼ cup for each sandwich
5. Spread on bread and offer a lettuce leaf if desired.
6. Cut each sandwich diagonally.

Makes 15 sandwiches

Raspberry Jell-O with Peaches *Supper Day 3*

Ingredients:

4 cups drained diced peaches
2 cups boiling water
2 cups cold water
1 ¼ cup Raspberry Jell-O

Instructions:

1. Dissolve Raspberry Jell-O in boiling water.
2. Add cold water.
3. Put drained diced peaches in a 13" X 9" pan.
4. Pour Jell-O over peaches. Chill overnight. Cut into 2" X 2" squares and dish up.

Makes 16 - 20 servings

Angel Food Cake *Supper Day 3*

Preheat oven to 350 degrees F.

Bake Time: 35-40 minutes

Ingredients:

1 box one-step angel food cake mix (1 lb.)
1 1/3 cups cold water
1 (21 ounce can) Wilderness brand cherry or blueberry pie filling (*optional*)

Instructions:

1. Place cold water and mix in mixer bowl. (**Important:** Be sure bowl and utensils are completely grease-free. Do not use plastic bowl.)
2. Mix water and angel food cake in a mixing bowl on low speed for 30 seconds. Scrape bowl.

Angel Food Cake *Supper Day 3 instructions continued*

3. Change to medium speed. Continue to mix 1 minute. DO NOT OVERMIX!
4. Pour into **ungreased** 10 inch tube pan. [Sheet pan 24" X 16" X 2" requires 3 boxes or 3 lb. mix.*]
5. Bake in standard oven at 350 degrees F. for 35 - 40 minutes.
6. Turn upside down when cooling. Let the cake hang for about 1 ½ hours.
7. Cut with electric knife using bread blade, or a bread knife.
8. If desired, top each slice with cherry or blueberry pie filling before serving.

HIGH ALTITUDE: (Over 5000 feet) For each box of angel food cake mix used, add ¼ cup all-purpose flour and additional 1/3 cup water. Prepare as directed.

***SHEET PAN:** Follow directions above using 3 boxes of mix and 32 oz. (4 cups) cold water.

Makes 16 servings

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